

# The Legacy of Robert A. Monroe



Celebrating  
Robert Monroe 1915-1995  
26th Professional Seminar

# 2015 Program

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## Saturday, March 14

— The Nancy Penn Center (NPC) —

12:00 N	Registration
5:00 PM	Reception
6:00 PM	Dinner

— *David Francis Hall (DFH)* —

7:30 PM	<b>Welcome</b> <b>Barbara Bullard, Steering Committee Liaison</b>
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8:00 PM	<b><i>State of the Institute Address</i></b> <b>Nancy (Scooter) McMoneagle</b> <b>TMI Executive Director, President</b>
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Nancy McMoneagle will offer an update on all things TMI, looking at the accomplishments the Institute has enjoyed as well as some exciting events on the horizon.

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## Sunday, March 15

— *NPC Exercise Room* —

7:00 AM	Yoga   Shaaron Honeycutt
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— *NPC Tower Dining Room* —

7:45 AM	Breakfast
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— DFH Conference Room —

9:00 AM

**Keynote Address**

***Living Deeply—Death Makes Life Possible***

**Marilyn Schlitz, PhD**

How can we live more deeply? What qualities can we invite into our lives that may nurture and heal us? What catalyzes positive worldview transformations? What practices sustain them? And what impact do worldview transformations have on our relationships to self, others, and beyond? This talk considers these questions within the context of a worldview transformation model that was developed through decades of research at the Institute of Noetic Sciences.

11:00 AM

***CONNECTIONS – A Child’s Journey with Hemi-Sync and a Seizure Disorder***

**Suzanne Evans Morris, PhD**

CONNECTIONS – A Child’s Journey with Hemi-Sync and a Seizure Disorder is an audiovisual journey and discussion of the many connections and disconnections in the life of a 5-year-old boy who has had a seizure disorder since infancy. During the past year his journey has included the introduction and use of Hemi-Sync Metamusic. His response to Hemi-Sync and its potential impact on the frequency of his seizures will be illustrated and discussed. Guidelines for introducing Hemi-Sync recordings to infants and nonverbal children will be presented. Needed research exploration of connections with Hemi-Sync will be discussed.

— NPC Tower Dining Room —

12:30 PM

Lunch

— DFH Conference Room —

2:00 PM

***TMI Research Directions: Building Toward the Future***

**James (Jim) Lane, PhD, TMI Research Director**

This talk will summarize recent activities aimed at providing a stronger infrastructure for research and research funding at TMI to support the long-term growth of TMI-sponsored research and research collaborations with other sites. Dr. Lane will describe current plans for research development and the projects that are already underway.

3:45 PM

Silent Auction launch | Meet & Greet

— NPC —

5:00 PM Social Hour, Dinner

7:30 PM **OBEs as a Spiritual Practice**  
**William Buhlman**

What have we learned from 40 years of documented NDEs and OBEs? What hinders the spiritual evolution of humanity? What does it take to be truly free? Consummate consciousness explorer William Buhlman asks the big questions and shares what he has discovered through personal experience.

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## Monday, March 16

— NPC Exercise Room —

7:00 AM Yoga | Shaaron Honeycutt

— NPC Tower Dining Room —

7:45 AM Breakfast

— DFH Conference Room —

9:00 AM ***The Relationship Between Near-Death Experiences and OBEs***  
**Scott Taylor**

This is a unique time in human history. Two milestones have converged giving us unique insight and tremendous potential for human understanding.

1. The medical profession is now adept at bringing back to life those who have died as the result of traumatic bodily injury, childbirth, heart attack, drowning, or illness. Some who've been resuscitated report having a near-death experience (NDE). From their stories we know what it's like to die.

2. The invention of the Hemi-Sync technology that helps the listener to enter very specific states of consciousness, come back safely, and learn how to return at will.

We will explore the amazing parallels between what happens during near-death experiences and the cosmology Robert Monroe mapped for us during his OBE adventures.

We'll also look at how this knowledge enables us to explore the nonphysical world with another (NDE) frame of reference and help all of us make a more peaceful transition.

11:00 AM

***Creating Transformation: The Nuts and Bolts of Powerful Program Design***

**Patty Ray Avalon, Thomas Hasenberger, and Bob Holbrook**

What does it take to create a program that transforms lives at the most profound levels? How does the design process work? Where does inspiration come from? Three gifted TMI trainer-designers discuss their experience of program development and the creative process they engage to get the job done.

— *NPC Tower Dining Room* —

12:30 PM

Lunch

— *DFH Conference Room* —

2:00 PM

***Quantum Healing with the Biofeedback L.I.F.E. System and TMI Tools***

**Andrea Berger**

Andrea Berger will discuss the L.I.F.E. biofeedback system in the context of quantum physics and quantum healing, the results of case studies she conducted, and the potential of integrating the power of the L.I.F.E. system with TMI's SAM technology.

3:45 PM

***Tech Talk: SAM, Hemi-Sync® and More***

**Bob Holbrook, TMI Director of Technology & A.J. Honeycutt**

A. J. Honeycutt will report on Monroe Products' first registered research study and its future potential, as well as some of the current projects in process, and offer samples of some new releases.

New discoveries of the SAM (Spatial Angle Modulation) audio technology will be revealed. SAM's potential continues to be realized through new applications and a significant impact on TMI programs. Bob Holbrook will also report on CHEC unit updates.

— *NPC* —

5:00 PM

Social Hour, Dinner

— *DFH Conference Room* —

8:00 PM

***Inspirational Movie Night***

*"Alive Inside"* The potent impact of music on memory is poignantly portrayed as dementia patients and the elderly hear, once again, the music of their youths.

A short clip of Bob Monroe speaking with the Professional Division members at the 1987 Professional Seminar.

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## Tuesday, March 17

— *NPC Exercise Room* —

7:00 AM Yoga | Shaaron Honeycutt

— *NPC Tower Dining Room* —

7:45 AM Breakfast

— *DFH Conference Room* —

9:00 AM ***Professional Division leadership building group process***  
**Barbara Bullard & Fred Rible**

This is a participatory session designed to foster the ongoing development of the Professional Division as a proactive, leadership body with a voice in its future, and that solicits and guides its members.

— *NPC Tower Dining Room* —

12:30 PM Lunch

— *DFH Conference Room* —

2:00 PM ***Skype Q&A with Charles Tart on his friendship and collaboration with Bob Monroe***

The eminent Charles Tart, known as the father of modern parapsychology, and fledging OBE-er Robert Monroe enjoyed a special partnership. Charley has graciously agreed to join us in remembering and honoring Bob, and telling some tales of their adventures together. Today, March 17<sup>th</sup>, marks the twentieth anniversary of Bob's death.

3:45 PM **Silent Auction Closing | Honors and Awards**

— *NPC* —

5:00 PM Social Hour, Dinner

— DFH Conference Room —

7:30 PM

***“I Am More Than My Physical Body”: 100 ROTEs by Robert A. Monroe***

Distribution of a special gift to Bob—from Bob—by Andrea Berger.

8:00 PM

***Re-Dreaming Ceremony***  
**Michael Peter Langevin, TMI Publicity Consultant**

During this fire circle Michael Langevin will lead us in a shamanically styled re-dreaming ceremony. Robert Monroe was a way shower. Now, twenty years after his passing, TMI is undergoing a renaissance of new growth on its path to assist in the global awakening of humanity. Bob built TMI and now, as part of his legacy, it is up to us to Re-dream his vision and to co-create the best reborn TMI possible.

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## Wednesday, March 18

— NPC Exercise Room —

7:00 AM

Yoga | Shaaron Honeycutt

— NPC Tower Dining Room —

7:45 AM

Breakfast

— DFH Conference Room —

9:00 AM

***Guided Exploration Day with Hemi-Sync and SAM***  
**Bob Holbrook**

— NPC/RMR CHECs and Conference Room —

9:30 AM

**Exercises at Nancy Penn Center and Roberts Mountain Retreat**

— NPC Tower Dining Room —

12:30 PM

Lunch

— NPC/RMR CHECs and Conference Room —

2:30 PM

***Guided Exploration Day*** (continued ...)



— RMR —

6:00 PM

**Supper and Closing Festivities**  
**Musical Entertainment by Talented PD Members**

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## Thursday, March 19

— NPC Exercise Room —

7:00 AM

Yoga | Shaaron Honeycutt

— NPC Tower Dining Room —

7:45 AM

Breakfast

Departures



# Presenter Biographies

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## Patty Ray Avalon



Patty Ray Avalon, MFA, is a residential facilitator and Lab Coordinator at The Monroe Institute. She trains participants to use their consciousness to access guidance, improve manifestation, and learn self healing and self actualization skills. She also serves as a lab monitor there, assisting participants in deepening their consciousness explorations in the isolation booth.

Ms. Avalon has a BFA and an MFA from Indiana University. She studied at the Art Institute of Chicago, and the Central School of Art and Design in London.

She is also an experienced energy healer, and graduate and former faculty member of the Barbara Brennan School of Healing in Miami, Florida, and a former faculty member of Hollins College, in Virginia.

She is experienced in the Michael Harner Shamanic practices, as well as the Pathwork bioenergetic modality.

She is a professional artist. Her work has been featured in the *Washington Post Home Section*, *Metropolitan Home*, *Country Living*, *House and Garden*, and other popular magazines. She created and ran a full time art and design business in the Washington D.C. area for 25 years. Additionally, she has illustrated numerous books and articles for companies such as McGraw Hill and Gallaudet Press.

Putting her professional interests together in a larger perspective, Ms. Avalon feels that her true work in life, as a visionary artist, an energy healer and a facilitator of consciousness studies is that she helps “make the invisible visible.”

**Thank You, Patty Ray Avalon, for your beautiful artwork on the poster!**

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## Andrea Berger

Andrea Berger, MS, grew up in Bucharest, Romania, and has traveled throughout India studying Yoga and meditation on inner light and sound. She now lives in Cincinnati, Ohio, with her husband and their two children. Ms Berger retired from a large consumer goods company, where she worked for twenty-two years as an Information Technology manager. She is an accredited Monroe Institute (TMI) trainer, a certified VortexHealing® Energy Healer, a Reiki Master, and an enthusiastic Yoga practitioner. She earned a Masters in Transpersonal Studies from Atlantic University founded by Edgar Cayce in Virginia Beach, Virginia. Ms Berger is also the founder and



president of the non-profit 501(c)(3) charitable organization “Association for Consciousness Evolution, Inc.” with the mission to accelerate the evolution of consciousness through education, practical exploration and personal transformation. Since 2010, she has facilitated many TMI programs in Romania, including Gateway Voyage®, Lifeline®, Guidelines®, and Exploration 27®. She is the TMI Local Chapter Network Regional Coordinator for the Upper Midwest Region and the TMI local chapter leader in Cincinnati, Ohio. She also serves on the TMI Board of Advisors.

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## William Buhlman



William Buhlman is a best-selling author and leading expert on the subject of out-of-body experiences. The author's forty years of extensive personal out-of-body explorations give him a unique and thought provoking insight into this subject. His first book, *Adventures Beyond the Body* chronicles his personal journey of self-discovery through out-of-body travel, and provides the reader with the preparation and techniques that can be used for their own adventure.

He conducts an in-depth six-day workshop titled, *Out-of-Body Exploration Intensive* at The Monroe Institute. As a certified hypnotherapist, Mr. Buhlman incorporates various methods, including hypnosis, Hemi-Sync®, visualization and meditation techniques in his workshops to explore the profound nature of out-of-body experiences and the benefits of accelerated personal development. Through lectures, workshops and his books the author teaches the preparation and techniques of spiritual exploration.

His latest book is titled, *Adventures in the Afterlife*. Insights provided in this book will assist the reader to understand and navigate the many thought responsive environments we will experience in the afterlife.

Mr. Buhlman is best known for his ability to teach people how to have profound spiritual adventures through the use of out-of-body experiences. In addition, he has developed an extensive series of audio programs that are designed to expand awareness and assist in the exploration of consciousness.

For more information visit [www.astralinfo.org](http://www.astralinfo.org).

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## Barbara Bullard

Barbara Bullard, MA, has been professor of Communication Studies at Orange Coast College for forty-eight years. She has been nominated five times for Teacher of the Year at the college and received the NISOD Teaching Excellence Award from the University of Texas in 1994, 1999, 2000, 2002, and 2003. In 2000 and 2001 Ms. Bullard was a master presenter at the NISOD Conference, speaking on “Music and Metamusic in the Classroom.” She was selected for Who’s Who Among America’s Teachers in 2002 –2007 and has been a Professional Division member of The Monroe



Institute since 1989. She is co-author of a textbook, *Communicating from the Inside Out*, and has published numerous articles on the role of music and Metamusic. She has recently published *Remembrance: Pathways to Enhanced Learning* a summary of the extensive work with Hemi-Sync, Metamusic and learning with Dr. Alex Bennett.

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## Thomas Hasenberger



Thomas Hasenberger, born in 1964, is a mechanical engineer, and lives in Germany with his wife and two children.

Since the end of 1999 he has used Hemi-Sync as a daily exercise and meditation. Only after seven years of this practice with Hemi-Sync did he attend his first program at The Monroe Institute, and then trained to become a TMI Outreach facilitator.

In recent years he has given many lectures and courses, especially in the area of self-awareness, meditation, thanatology, and lucid dreaming. In addition to his daily Hemi-Sync meditation, Mr. Hasenberger practices the Japanese tea ceremony in the Urasenke style as mindfulness practice, as well as Aikido.

He is also an accredited TMI Outreach facilitator.

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## Robert Holbrook

Bob Holbrook has been a student of consciousness for most of his life. He is an anthropologist with experience in South America, Africa, the Middle East and the US. Bob has studied Anthropology and Psychology at Ball State University, Indiana University and the University of Chicago. He studied Archaeology with the University of Michigan.

Mr. Holbrook is TMI's director of technology and a residential program trainer. He is an active member of the Society for the Anthropology of Consciousness, the Institute of Noetic Sciences, and a certified provider with the Institute of Heartmath. He is presently working with individuals in the areas of addiction and post traumatic stress disorder.



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## A. J. Honeycutt

A. J. Honeycutt has been involved in many aspects of activities at The Monroe Institute and Monroe Products over the past several decades. A member of the Monroe family, much of his early life was impacted by the development of the Institute, from its beginning as a small family operation to the world-renowned organization it is today. After graduating from Emory and Henry College (BA language, business, 1987,) he continued his involvement in various aspects of the Institute, and began serving as Director of Operations and Center Manager in 1992. In this capacity he was responsible for overseeing and managing development and activities at the Nancy Penn Center, David Francis Hall and Roberts Mountain Retreat. His responsibilities included supervision of personnel, management of conference facilities and operations, financial administration, management of numerous building projects and the creation of quarterly Member tapes. He served as Vice President of the Institute from 1999-2004, before leaving to pursue independent interests. He joined the Monroe Products staff as Special Projects Manager in June 2008—a time when the digital age was becoming increasingly mainstream—and set about helping create a new business model to meet challenge, and ever-changing ways, of delivering the Hemi-Sync® technology. He was appointed President of Monroe Products in 2012, and continues to lead Monroe Products toward fulfilling Bob Monroe's vision to offer "something of value."



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## James Lane



Like many people, James Lane, PhD, read *Journeys Out of the Body* in the 1970s, not realizing it was altering the course of his life. At the time he was a psychology graduate student at the University of California, Los Angeles. When, in 1979, he moved to North Carolina, he expected one day to drive up to Virginia and introduce himself to Bob.

By the time Dr. Lane made his first visit to TMI Bob had already died. Nevertheless the nature of The Monroe Institute's work continued to compel him. When a premed undergrad student of his, Stefan Kasian, interned with complementary and alternative medicine researcher Justine Owens, Dr. Lane collaborated with them on his first binaural study at the Duke University lab. Skip Atwater assisted from the TMI side and in 1998 the research team published "Binaural auditory beats affect vigilance performance and mood" in *Physiology & Behavior* [Lane, J.D., Kasian, S.J., Owens, J., and Marsh, G.].



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## Michael Peter Langevin



Michael Peter was the founder and publisher of *Magical Blend Magazine*, *Natural Health and Beauty Magazine* and *Transitions Magazine* 1979-2006. He has studied with many of the most powerful and cutting-edge, spiritual leaders of our times. He was the host of the "Magical Blend" TV show and has been interviewed on countless radio programs. His writings have appeared in many anthologies and publications, and he has authored three books, *Spiritual Business*, (Hampton Roads), *Secrets of the Ancient Incas*, and *Secrets of the Amazon Shamans* (Career Press). Mr. Langevin received his Masters Degree in Social Work and Mental Health Therapy from The University of California, Chico.

For all of his adult life he has been exploring methods of self-improvement, expanded states of consciousness, and ancient mysteries. He first visited Peru in 1973 at age twenty. He has returned to Latin America many times to deepen his shamanic studies and widen his knowledge of ancient pre-Columbian cultures. He has traveled to and spent time studying many exotic locals all over the world. Michael Langevin has been conducting workshops and lectures worldwide for large groups since 1985.

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## Nancy H. McMoneagle

In the 1970s, Nancy McMoneagle helped her step-father and mentor, Robert Monroe, build the foundations of the now internationally recognized non-profit organization for consciousness research and education, The Monroe Institute (TMI), and Interstate Industries, Inc. (III, dba Monroe Products), a corporation which produces and sells Hemi-Sync® products. She subsequently served as the Director of both organizations.

Initially answering Bob's fan mail to his seminal work, *Journeys Out of the Body*, and subsequently wearing most hats in the business, Ms. McMoneagle helped design, develop, coordinate and conduct training programs in personal development, now known as the Gateway Voyage programs. Later, as The Institute Director (1983 – 1991), she generated a solid staff of program trainers at TMI and, using her team-centered management style, implemented Bob's vision by working with him and the creative input of others to form additional consciousness training programs and products. In addition to other contributions, she established the international Gateway Outreach program with the assistance of experts in training design, thus bringing The Monroe Institute's programs and III's audio products to a worldwide audience.



Currently, Ms. McMoneagle serves as The Monroe Institute's Executive Director and President.

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## Suzanne Evans Morris



**Suzanne Evans Morris, PhD**, is a speech-language pathologist near Charlottesville, Virginia. She is nationally and internationally known for her work in identifying and treating young children with pre-speech and feeding disorders. She is the director of New Visions, which sponsors innovative workshops for the teaching of feeding-related skills, and provides family-oriented clinical services. Her work includes direct clinical services, continuing education workshops, development of clinical materials and clinical research. She has coauthored three books on the development of feeding and mealtime skills and the assessment and treatment of children with feeding and swallowing disorders. Suzanne has studied accelerated learning approaches and technology through the Optimal Learning Institute, the Center for Accelerated Learning, and The Monroe Institute. She is also a musician who blends her musical background with her knowledge of the

facilitation of movement, the development of early communication skills, the treatment of oral feeding disorders, and the creation of an accelerated learning environment. She has actively participated in the training programs of the Music for Healing and Transition Program (MHTP) and the Listening Program of Advanced Brain Technologies. She has incorporated Hemi-Sync recordings into her work with children with developmental disabilities for more than 30 years.

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## Fred Rible

Fred Rible is a retired Navy Supply Corps Captain with 30 years combined Active and Reserve time. He worked for two defense Aerospace Firms in Contract and Program Management before operating his own business. He attended the University of Missouri-Columbia (BS Accountancy) and National University in San Diego (MBA Finance).

Mr. Rible is now a Certified Healing Touch Practitioner (CHTP) and volunteer at the local children's hospital as a healing touch practitioner, primarily for the severely handicapped.

Following a spontaneous OBE in 1981 he began a regular meditation practice, reading many books on spiritual matters and attending a Spiritualist Church, where he first learned about energy healing. Among the books he read was Bob Monroe's, *"Journeys out of the Body,"* which validated his OBE, which his surgeon insisted he'd imagined.

He has attended thirteen TMI programs, is an Outreach trainer, a member of the Board of Directors, and the Local Chapter Network (LCN). As an LCN member he is a Certified Chapter Leader for north San Diego County and Regional Coordinator for Northern California.



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## Marilyn Schlitz



Marilyn Schlitz, PhD, is a social anthropologist, researcher, writer, and charismatic public speaker. She is currently the Founder and CEO of Worldview Enterprises. She also serves as President Emeritus and a Senior Fellow at the Institute of Noetic Sciences. Additionally, she is a Senior Scientist at the California Pacific Medical Center, where she focuses on health and healing, and board member of Pacifica Graduate Institute. For more than three decades, Marilyn has been a leader in the field of consciousness studies. Her research and extensive publications focus on personal and social transformation, cultural pluralism, extended human capacities, and mind body medicine. She has a depth of leadership experience in government, business, and the not-for-profit sectors. Her broad and varied work has given her a unique ability to help individuals and organizations identify and develop personal and interpersonal skills and capacities needed by 21st century leaders. She is currently producing a feature film (called *Death Makes Life Possible*) with Deepak Chopra on the topic of death and dying, and how engaging that topic in a deep and meaningful way informs the way we live our lives.

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## Charles T. Tart

Charles T. Tart, PhD, a Core Faculty member of the Institute of Transpersonal Psychology in Palo Alto, is internationally known for his psychological work on the nature of consciousness (particularly altered states of consciousness), as one of the founders of the field of transpersonal psychology, and for his research in scientific parapsychology. His two classic books, *Altered States of Consciousness* (1969) and *Transpersonal Psychologies* (1975), became widely used texts that were instrumental in allowing these areas to become part of modern psychology.





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## Scott Taylor

Scott Taylor, EdD, is a mentor and educator to small business owners. He is an accomplished business leader and former CEO skilled in a broad range of leadership and business issues.

Scott attended Gateway in 1983, became an Outreach Facilitator in 1985 and Residential Facilitator in 1998.

Scott's 1981 shared near-death experience led to his becoming an NDE researcher and speaker. He has interviewed hundreds of near-death experiencers and used these conversations for his doctoral dissertation. He speaks frequently on NDEs, moderates the annual International Association for Near-Death Studies (IANDS) international convention and was past board member and treasurer for IANDS.

He is author and voice of "Into the Light," a Monroe Products CD that features four meditations based on different types of near-death experiences. He is also the creator and facilitator of the new 6-day TMI program using the metaphor of NDEs to explore the states of consciousness akin to the experiences of NDE-ers.

